

LIQUID CALORIES

Calories from Beverages can add hundreds of extra sugar or alcohol calories to your diet.

Eating food is more satisfying than drinking your calories!

Remember that

Soda



Sweet tea



Coffee with sugar and creamers



Alcoholic beverages



add extra calories to your day. They lack the essential nutrients found in low fat milk products and fruit juices.

Try choosing these beverages instead:

Unsweetened tea, add sugar substitute if desired

Calorie savings = 150 calories / glass

Sugar free soda

Calorie savings = 140 – 180 calories / can

Water - add a squeeze of fresh lime or lemon juice

Fat free or 1% milk – instead of 2% or whole milk

100% Juice, 4 – 6 ounce servings, 1 –2 times / day

Coffee & Hot Tea, use sugar substitute & fat free creamer

Limit or avoid alcohol: can of beer = 150 calories

glass of wine = 75 calories

shot of liquor = 100 calories